

Italian Bean Patties

Rating: ★★☆☆

Makes: 8 servings

Ingredients

2 cups beans (cooked)
1 egg (beaten)
1/2 teaspoon garlic powder
1/2 teaspoon onion powder
2 teaspoons Italian seasoning
1 cup bread crumbs (dry, or cracker crumbs)
1/8 cup cornmeal (or all purpose flour)
2 tablespoons vegetable oil

Directions

1. In a large bowl, mash beans. Add egg and spices and stir to mix evenly.
2. Stir in bread crumbs. If mixture seems too wet add more breadcrumbs, 1 Tablespoon at a time until mixture resembles meatloaf.
3. Shape into little sausages or patties. Roll in cornmeal or flour.
4. Fry slowly in vegetable oil over medium heat until crusty and golden brown.

Notes

- Serve in place of hamburgers and add toppings
- Serve in place of breakfast sausage

Nutrition Information

Key Nutrients	Amount	% Daily Value*
Total Calories	180	
Total Fat	4 g	6%
Protein	7 g	
Carbohydrates	29 g	10%
Dietary Fiber	1 g	4%
Saturated Fat	0.5 g	3%
Sodium	400 mg	17%